

Forum:[Hack Forums](#)

Thread: [What is your remedy against Cold / Flu?](#)

RangoWorld - November 25, 2024, 10:30 am

The cold and flu season has been here. I caught it a couple days ago.

I'm wondering what you all do when you catch it. Any home remedies or medicine?

Any tips and tricks. Would love to from you all.

For me cutting down on all cold liquids, taking steam, drinking soups, drinking a lot of water and taking rest/sleep helps.

JesusBallz - November 25, 2024, 10:45 am

Hot water, lemon, honey and ginger a few times a day. I normally do some form of cardio too, usually a long run to get some air in my lungs and to de congest. I hate being congested more than the cold itself.

banonkiel - November 25, 2024, 12:01 pm

Sucks to get cold, despite what some people might believe.

In some cases you can do nothing other than let it run it's course.

Some medicine will explicitly have in the notes "to treat or alleviate symptoms", so it's not a cure really.

My advice would be.

- Stay warm.
- Have warm drinks/soup. (this is conditional though, some warm drinks upsets my stomach tbh so I avoid them)

Something I do and I'm not sure why not more people do it, I wear face-mask while heading out anywhere.

Deany - November 25, 2024, 3:03 pm

I just blast a heater on my entire body works every time

illuminati? - November 25, 2024, 4:08 pm

I usually just man up.

RangoWorld - November 25, 2024, 11:25 pm

(Nov 25, 2024 05:08 PM)illuminati? Wrote: [\[CITE\]](#) I usually just man up.

And what if one is a woman?

illuminati? - November 26, 2024, 1:08 am

(Nov 26, 2024 12:25 AM)RangoWorld Wrote: [\[CITE\]](#) And what if one is a woman?

Give your tits a grab.

notshreder - November 27, 2024, 8:53 pm

Zinc also sold under the brand called zicam, and then vitamin C. Beyond that rest and fluids.

pms - November 27, 2024, 9:08 pm

Sweat it out in a hot shower for like 1-2 hours at a time, drink water. And just cope i guess :D

Phantom_NiNja - November 28, 2024, 12:11 am

(Nov 25, 2024 11:30 AM)RangoWorld Wrote: [\[CITE\]](#) The cold and flu season has been here. I caught it a couple days ago.

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for me drinking vitamin C drinks like orange juice and taking a zinc supplement and drinking Gatorade and taking a hot shower.

You do this you will get better in 4 hours. You will still be sick but the symptoms improves.

how did you catch it?

Moookie - November 28, 2024, 2:04 am

I actually don't have one. I haven't gotten the cold/flu since I was in my teens. I'm not sure if it's because I drink a lot of water, and love to smoke marijuana.. but I don't seem to get sick like I once did when I was younger. It also could be that I'm just a little more wise then I was when I was younger, and know now how to prevent myself from getting sick.. like not going from cold to hot too frequently, always staying dressed warm when going outside. When I was younger, I didn't like wearing jackets and would go out the house without one regularly, despite living in a state that snows.

host3r - November 28, 2024, 3:17 am

just cope and deal with it, no need to do anything else

RangoWorld - November 28, 2024, 4:37 am

(Nov 28, 2024 03:04 AM)Moookie Wrote: [\[CITE\]](#) I actually don't have one. I haven't gotten the cold/flu since I was in my teens. I'm not sure if it's because I drink a lot of water, and love to smoke marijuana.. but I don't seem to get sick like I once did when I was younger. It also could be that I'm just a little more wise then I was when I was younger, and know now how to prevent myself from getting sick.. like not going from cold to hot too frequently, always staying dressed warm when going outside. When I was younger, I didn't like wearing jackets and would go out the house without one regularly, despite living in a state that snows.

There's definitely something more at play. Maybe the environment or your immune system. But consider yourself lucky mate. Also good on you for taking care of yourself.

Moookie - November 28, 2024, 4:50 am

(Nov 28, 2024 05:37 AM)RangoWorld Wrote: [\[CITE\]](#) There's definitely something more at play. Maybe the environment or your immune system. But consider yourself lucky mate. Also good on you for taking care of yourself.

Yeah, I'm not really sure what to pin it down to. I'm not saying that I can't get sick, because I have no doubt that I can still catch the flu or cold, I just for some reason haven't in the longest time. And tbh, I'm super thankful about it.. because I used to hate getting sick growing up. Especially having to go to school with a cold.

Jamika - November 30, 2024, 2:03 am

(Nov 25, 2024 11:30 AM)RangoWorld Wrote: [\[CITE\]](#) The cold and flu season has been here. I caught it a couple days ago.

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I drink lemon and orange , and pepper ? is good too

Wear heavy for sure , drink a sib of cold water before going out

And never use any heating system if ur planning to go out after

hunnicuques - November 30, 2024, 4:26 am

Definitely ginger tea mixed with raw honey and lemon will knock the shit out of any flu for me

Eran - December 1, 2024, 4:31 am

I've learned that I can't skip the recovery process, you just gotta ride it through. Electrolytes, soup, rest and vitamins.

Although I can't skip the recovery, I can definitely make it more bearable with a fair amount of weed :P

DashPHP - December 3, 2024, 2:48 am

Might sound counter intuitive but cold showers man.

My snot falls right out my nose during a cold shower. Great stuff.