

Stay Well, Manchester College!



Toilet Talk

ISSUE 39



8 Tips to Treat Colds and Flu The "Natural" Way

- 1) Blow Your Nose Often and the Right Way
-Gently blow your nose regularly when you have a cold rather than sniffing mucus backwards. Blowing your nose too hard can cause ear aches.
- 2) Stay Rested
-Resting gives your body energy toward the immune battle.
- 3) Gargle Saltwater
-Gargling can moisten a sore throat and bring temporary relief. You should mix one teaspoon of salt with 8 ounces of warm water.
- 4) Drink Hot Liquids
-Hot Liquids can relieve nasal congestion.
- 5) Take a Steamy Shower
-Steamy showers moisturize your nasal passages and relax you.
- 6) Use a Salve Under Your Nose
-A small dab of mentholated salve under your nose can open breathing passages.
- 7) Apply Hot or Cold Packs Around Your Congested Sinuses
-Either temperature may help you feel more comfortable.
- 8) Sleep With an Extra Pillow Under Your Head
-The extra pillow will help the drainage of the nasal passages.

-Wellness Weekly

Educational Workshop on Eating Disorders

Linda Smith, a Certified Eating Disorder Specialist and licensed counselor, will be presenting a free workshop on February 27th from 2-3:30 pm, in the upper union. RSVP to Kelly Hippensteel by February 18th if you plan to attend.

Contact:

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FLU SHOTS

The best way to avoid or minimize the risk of getting the flu is to get a flu shot. Contact Health Services to receive a flu shot. The cost of the shot is \$10.00.

You Might Have An Alcohol Problem If...

- ◇ Blacking Out
- ◇ Drinking in the morning
- ◇ Feelings of guilt about drinking
- ◇ Trembling hands
- ◇ Seizures
- ◇ Trying to hide how much you drink
- ◇ Having big personality changes when you drink
- ◇ Planning activities around drinking
- ◇ Social withdrawal or change in friends

-Student Health & Wellness

If you think you or a friend has a drinking problem, check out e-Chug, which assesses that problem, at <http://interwork.sdsu.edu/echug2/manchester>. This is anonymous and has resources available at the end of the assessment.

Dude, Did you Just double Dip?

A new study from Clemson University revealed the terrifying truth about double dipping; it really is that bad. The study found that three to six double dips on average transferred about 10,000 bacteria from the eater's mouth to the remaining dip. Before you have some dip at a party, look around and ask yourself, "would I be willing to kiss everyone here?" You never know who might be double dipping and adding a little taste of themselves to that dip.

-Fox News