

Is it sniffles or is it flu??

Being cooped up indoors during the winter months increases the chance of catching nasty germs. So, is it a cold, or something more serious? With symptoms of headache and high fever (102-104 degrees), aches and pains, for about three to four days, it's probably the flu. Flu victims are advised to go to bed, stay away from others and drink lots of liquids and chicken soup. Once you feel better, bundle up and get outside, where there are fewer germs breeding.

Avoid holiday food hangovers

Sour cream gravy. Mushrooms stuffed with oysters in butter sauce. Pate and brie on cheese garlic bread. Sound good? Make sure not to overdo on the rich foods this holiday or you may walk away from the table with a food hangover, according to Providence St. Vincent dietitians. Unusual ingredients, fancier dishes and more people eating their holiday meal in restaurants are making food hangovers more common and people on low-fat or relatively bland diets are particularly at risk.

To avoid feeling blah the day after a holiday meal, or in the worst case scenario, losing your shrimp with bearnaise sauce, so to speak, go easy on the appetizers. Try only small

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