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With the coming of winter, health care in winter has become the most popular topic discussed by people. As for health care in winter, the prevention of cold is the key. In daily life, we should pay attention to adapt to climate change and keep warm well. We have recommended the following types of tips on the prevention of cold and health care in winter. We hope they can help you on health care in winter, so that you can get through the winter smoothly and welcome the arrival of season in which everything recovers.

Tip one on health care in winter: stick to wash face with cold water

It can enhance the body's ability to resist cold and disease, playing a role of preventing colds or flu.

Tip two on health care in winter: often drink boiled water

The climate is dry in winter, so the body will easily lack water. Drinking water often not only can ensure the body's needs, but also plays a role of diuretic and detoxification as well as eliminating waste.

Tip three on health care in winter: often drink date and ginger soup

Use 10 jujube and 5 pieces of ginger to brew tea. Taking once every night, so it can serve to strengthen the body's resistance to cold and reduce the risk of flu and other diseases.

Tip four on health care in winter: often put citrus or peppermint oil besides bed

Citrus is warm in nature, and the strong odors emitted by it can eliminate the virus. Placing citrus at the head of a bed can prevent disease in upper respiratory tract. Eating some pieces of oranges before going to bed can reduce phlegm and relieve a cough. Put a small bottle of peppermint oil beside the pillow and cover with a leak stopper, so that the mint gas slowly distributes, having an effect of treating headache and nasal congestion.

Tip five on health care in winter: rest your head on a pillow with mulberry and chrysanthemum in

Mulberry and chrysanthemum can refresh eyes and brain as well as treat cold. Using them to make a pillow makes mind fresh, sleep amenities, and prevents colds.

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