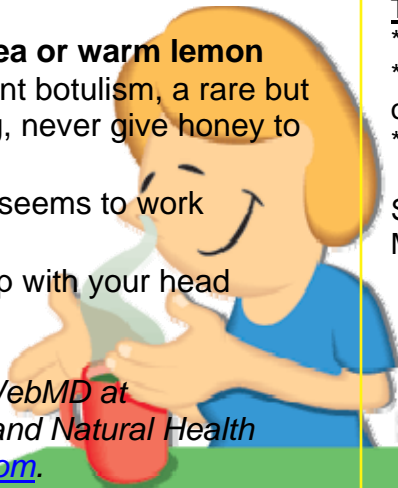


10 Step COLD RELIEF

1. **Stay rested**, and keep your energy levels up.
2. **Sip on Echinacea**, either as a tea or a tincture
3. **Toss in some garlic**, with your meal. It helps fight infection
4. **Inhale eucalyptus vapours** for three to five minutes.
5. **Suck on zinc lozenges**, look for lozenges containing two to four milligrams of zinc, but don't use them for longer than a week.
6. **Take steamy showers**. Steam moisturises your nasal passages and may help unblock your nose.
7. **Blow your nose**. Don't sniff!. Wash your hands afterwards.
8. **Drink honey mixed with tea or warm lemon water** - (Due to the risk of infant botulism, a rare but serious form of food poisoning, never give honey to a child younger than one.)
9. **Drink it hot!** chicken soup seems to work particularly well.
10. **Pile up the pillows**. Sleep with your head elevated

Sources: HEALTHWORKS, WebMD at webmd.com; Better Nutrition and Natural Health magazines; and MayoClinic.com.



WHATS ON??



Looking for a great reason and outlet to stay fit and keep up your fitness regime over the winter months?

Whether you plan to run or walk the 4km, 12km or 21.5km distances, we will tailor your program, giving you the confidence to finish what you start, whilst having fun and enjoying the event. Regardless of your fitness level or experience, with over 20 years coaching experience Trench Health and Fitness will train and advise you on how to finish strong.

Held over three months, you'll receive valuable advice on injury prevention and nutrition, as well as 12 x one hour outdoor group sessions with experienced coaches (including visits from - Peter Trench)

The training program costs \$150.00 and includes:

- * 12 week program, 10th June to 26th August,
- * Cap, water bottle, individualised training program and online support
- * A session every Thursday 5.30pm - 6.30pm

Sessions run on Langley Park and around the river
Meet at intersection of Hill St and Terrace Rd

DON'T MISS OUT!
[Click here to register](#)



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

Monday to Thursday	6am - 8pm
Friday	6am - 2pm
Saturday	8am - 12pm

For further information contact:
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WOW. what's on weekly

