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How to Cure (or at Least Shorten) a Cold

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At the first sign of a cold, immediately start taking one of these three things:

- 1) Chicken soup, four times a day.
- 2) Zinc lozenges, 15 milligrams six times a day.
- 3) Vitamin C, 500 milligrams at least four times a day.

Any one of these will shorten the length of a cold by about 40 percent. So if you were going to have a cold for five days, you'll have it for three days. Same for flu. We don't fully understand why, but all three seem to help the immune system make cells whose only function is to find the infection and neutralize it.

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