NECK PAIN OR STIFFNESS

Pain or stiffness in the neck

NOSE (CONGESTED OR RUNNY)

Inability to breathe properly due to a nose full of mucus or clear liquid running from the nasal passages

CAUSES

MUSCLE STRAIN & SPASM

When unaccompanied by other symptoms, muscle strain is a simple and not unusual condition. It may be caused by poor physical conditioning or excessive exercise, improper posture during sleep or exposure to cold.

Symptoms:

- Muscle pain and stiffness in the neck with no other symptoms

DO:

- Get regular, proper and moderate exercise.
- Apply over-the-counter pain relieving cream, balm or ointment on the affected area to ease pain.
- Try placing a hot compress on the affected area for 15 to 20 minutes, three to four times a day.
- Take an over-the-counter pain reliever medication to hasten relief.
- If improper sleeping position is the cause of neck strain, try sleeping on a firmer mattress with a thin, feather pillow supporting your spinal position.

DON'T:

- Don't overdo exercise.

COMMON COLD

Common colds are infections caused by as many as 200 different types of viruses. When the upper air passages are infected, the mucous membranes in the nose and throat become swollen which causes the common cold's symptoms to appear.

Symptoms:

- Irritation and soreness in the throat
- Runny nose, sneezing, watery eyes and headache
- Coughs, mild fever, sinusitis, backaches, malaise

DO:

- To decongest the nose, try this home remedy: Dissolve a small amount of peppermint cream or essential oil in a very hot, steaming basin of water. Cover head with towel so that steam does not escape. Inhale steam.
- Drink plenty of hot liquids especially juices or teas flavored with fruits rich in Vitamin C such as calamansi, orange and pineapple.
- Rest and stop exercising.
- Keep hands clean to prevent spread of virus.
- Herbs such as generous amounts of garlic and ginger in cooked food will also help.

DON'T:

- Do not have direct contact with an infected person to avoid spread of the virus.
- Don't smoke.

HAY FEVER