



Man flu and lady flu

Recent research from Chemists' Own reveals that most Australians are not taking the time to recover when cough, cold and flu symptoms hit.

Men invariably head to the bedroom or couch for complete rest. We have ridiculed them in the past, but this research shows that it's the best way to recover!

Flu is different from the common cold. A cold comes on slowly with a tickly nose, some nasal congestion followed by a sore throat, then often a residual cough. Flu hits you quickly with aches and pains, as our body tries to eradicate an invading virus. You feel really weak, lethargic, and have aches in most major joints. It's no fun at all.

The best option is to check with your pharmacist, seek advice on any troublesome symptoms and use the appropriate Chemists' Own solution, then head for bed rest.

Women find this particularly difficult. After all, who can keep the household running efficiently? Rest is a fundamental solution to the flu virus.

You need to give your body the time to recover completely.

Ask your Chemist for advice.