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Subject: Another Cold

Posted by [audioaudio90](#) on Wed, 20 Nov 2013 12:20:16 GMT

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I love this time of year, except I'm so likely to be sick. My current cold is actually not too bad overall but I keep coughing in the middle of the night and it's harder to sleep.

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Subject: Re: Another Cold

Posted by [Chicken](#) on Fri, 22 Nov 2013 14:29:38 GMT

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That sucks. It sounds like your immune system is depressed. How is your diet? Maybe you need to take more Vitamin C and some zinc for good measure.

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