

2011英语四级阅读：感冒实用技巧 PDF转换可能丢失图片或格式，建议阅读原文

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心情影响病情、注意你吃的东西、多喝热饮、勤洗手。

Mind over matter If you ' re stressed, you ' re more likely to get ill, and less likely to recover quickly. Your state of mind affects your immune system, making you more susceptible to viruses and infections, so the first thing to do is brighten your mood. Simple things like going for a short walk will relax the mind and help your body to recover from a cold. I ' m sure dog owners live longer than the rest of us because they ' re always out there walking 心情影响病情 如果你感到很压抑，你感冒的可能性就会变大，而且短时间康复的可能性会减小，所以要做的第一件事就是要使心情好起来。可以做些简单的事：比如去漫步一小会儿能放松身心并使身体从感冒中痊愈。我确信养狗的人要比不养狗的人更长寿，因为他们总是出去散步。 Watch what you eat Avoid eating processed, fatty foods. Focus on a plant-based diet, aiming to eat seven or more portions of fruit or vegetables a day. When you ' re feeling run-down, oranges are particularly good because of the vitamin C content. At the very least take vitamin C as a supplement. I have a couple of grams a day during the cold and flu season 注意你吃的东西 避免吃加工的，高脂肪的食品。多吃些以植物为主的食物，每天吃7份或者更多的水果和蔬菜。当你感觉筋疲力尽时，橙子是特别好的食物，因为它含有维生素C，作为做起码的补充维生素，我在感冒季节每天就喝一两克。 A

warming drink A great treatment for a cold is fresh ginger tea. Thinly slice two inches of root ginger and boil, adding lemon juice and honey to taste. The honey is very soothing for the throat and cools inflammation. Ginger has antibacterial and antiviral effects, and it dilates the bronchial tube so you breathe more easily. It ' s nice that it ' s spicy and hot, too. You also need to keep hydrated to flush all the toxins out of your body, so drink eight glasses of water a day. 多喝热饮 对于感冒的最好疗法是生姜茶。薄薄的一英寸厚的煮姜块，加上柠檬汁和蜂蜜。蜂蜜有利于舒缓喉咙和缓和炎症。生姜有抗菌和抗病毒效果，它能扩张支气管，这样你就可以更通畅地呼吸了。它也很辛辣。你也可以将毒素冲出你的体外，所以每天喝8杯。 A little help The main thing you need to do when you have a cold is reduce the inflammation in your body. In the short term, taking medicine such as ibuprofen is a good way to reduce the inflammation. Just make sure that whenever you ' re taking it you drink a lot of water, and check with your GP if you ' re unsure. If I ' ve got a cold, I take a non-drowsy decongestant medication in the morning so I ' m not blowing my nose all day but then don ' t take anything in the evening 一些小帮助 当你感冒时，最重要的是需要减少你身体的炎症。短期内，服用布洛芬之类的药是很好消炎的方法。只要你能定期服用很多的水，如果你不确定你就问问你的家庭医生，如果我感冒了，我会在早上做鼻塞治疗。所以不会整天抠鼻子，但是然后晚上不会做任何事情。 Keep washing your hands When you blow your nose and touch your face, your hands are covered with the virus, and you ' re more likely to prolong the cold. Coughing into

your elbow is much better than coughing on to your hands, as it ' s harder for the germs to reach your face 勤洗手 当你抠鼻子和摸你的脸的时候 , 你的手会充满病毒 , 你就可能加剧你的感冒。对着你的肘咳嗽比对着你的手咳嗽好多了 , 因为这样细菌更难到你的脸部。 And relax People don ' t give themselves permission to rest, but it ' s one of the most important things you can do when treating a cold. If you ' re physically tired, it will wear down your immune system. But be reasonable if you feel like napping at five o ' clock in the afternoon, you ' re better off trying to stay awake for a couple of hours so you don ' t disturb your sleep pattern.多放松 人们不给自己放假的权限 , 但是这是对待感冒时能够做到的最重要的一件事。如果你体力不支 , 将会拖垮你的免疫系统。但是理智点 , 如果你喜欢在下午五点午睡 , 你最好保持几个小时清醒 , 这样就不会扰乱你的睡眠方式。

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